



CPA  SCP

# Montréal 2026

**CPA 2026**  
87<sup>th</sup> Annual  
National Convention  
  
**June 4 - 6, 2026**



Le Westin Montreal  
June 4th to 6th, 2026

<https://convention.cpa.ca/scientific-program>

## PROGRAM HIGHLIGHTS



### Day 1 – Thursday, June 4

#### Talk Session (Beaver Hall)

##### 12-Minute Talks

- **10:00-10:15:** Perceived Partner Responsiveness and Inflammation - Jean-Philippe Guoin
- **10:15-10:30:** Supportive Care Needs in Endometrial Cancer - Magha Manoj
- **10:30-10:45:** Suicidal Behaviours Among University Students - Clara Primo
- **10:45-11:00:** Mindful Eating Intervention Post-bariatric Surgery - Katey Park
- **11:00-11:15:** BCTs and Physical Activity in Students with Disabilities - Gabrielle Bedard
- **11:15-11:30:** Mental Health and Cardiac Function in PSP - Holden Norrie

#### Snapshot (Le Moyne)

- **11:30-12:25:** Snapshot D

#### Workshop (Viger)

- **14:00-15:25:** CBT for Chronic Pain Management - Thomas Hadjistavropoulos

#### Poster Session D (Grand Hall)

- **15:30-16:25:** See list of authors and poster titles on [pages 6 to 9](#)

#### Joint Section Reception (Victoria)

- **18:00-18:55**

### Day 2 – Friday, June 5

#### Panel Discussion (Beaver Hall)

- **9:30-9:55:** Career Pathways in HPBM lead - Led by Cheryl Trask

#### Symposium (Beaver Hall)

- **10:00-10:55:** Lifestyle Behaviours on Youth Mental Health - Gary Goldfield



### Talk Session (Beaver Hall)

#### 12-Minute Talks

- **11:00-11:15:** Visible and Invisible Social Control in Couple - **Maegan Dymarski**
- **11:15-11:30:** Braiding Accountability into Practice - **Melanie Grier**
- **11:30-11:45:** How Emotional Narratives Pull Public Priorities Downstream - **Pamela Campos-Ordóñez**
- **11:45-12:00:** Fear of Cancer Recurrence: A Scoping Review - **Alex Pizzo**
- **12:00-12:15:** Determinants of Climate Adaptation Behaviours Among Fishermen - **Vincent Gosselin Boucher**

### Poster Session D (Grand Hall)

- **15:30-16:25:** See list of authors and poster titles on [pages 6 to 9](#)

### Conversation Session 7 (Montréal Ballroom Main Plenary)

- **14:30-14:55:** Quantifying Success: Work Outcomes for Clients Leaving Intensive Mental Health Programming - **Toni Harrington**

### Health Psychology & Behavioural Medicine Section Annual Business Meeting (Beaver Hall)

- **15:30-16:25:** Section Featured Speaker: AI for Healthy Aging - **Samira Rahimi**
- **16:30-17:25:** Section Annual Meeting
- **17:30-18:25:** Section Award and Reception

## Day 3 – Saturday, June 6

### Symposium (Beaver Hall)

- **8:00-8:55:** How Gender Shapes Pain Experiences - Led by **Gabrielle Pagé**

### Snapshots V (Le Moyne)

- **12:30-13:25:** See list of authors and poster titles on [pages 6 to 9](#)

**List of authors and poster titles (Poster Session D – Thursday June 4 – 15:30-16:25)**

- 126301 The Role of Subjective and Objective Sleep Indicators in Predicting Students' Momentary Psychological Needs Experiences: A Multilevel, One-Week Experience Sampling Study (Al-Zehhawi)
- 126444 Reducing Diabetes Risk by StayingActive+: A Behavioural Activation Group for Adults Living with Psychosis (Arora)
- 125255 Sex Differences in Relationship Quality (RQ) and Caregiver Burden (CB) Among Caregivers of Patients with Heart Disease. (Aubin)
- 126369 The Importance of Informal Mental Health HelpSeeking and Support: The Predictive Value of Past Help-Seeking (Awan)
- 125834 Mediating Role of Positive Reframing on Positive Action During COVID-19 (Azam)
- 125830 Does Internalized Weight Bias Moderate Changes in Body Image 12 months After Bariatric Surgery? (Ball)
- 124734 Chronic Pain Stigma: Effects of Pain Characteristics on Social Distancing (Bélanger)
- 124768 Predictors and Barriers to Behaviour Change Following a Global Knowledge Translation Intervention on Children's Environmental Health (Bellman)
- 122952 Sleep Quality Among Indigenous Populations in Canada: A Meta-Analysis - Part 2 (Birkinshaw)
- 124706 Psychosocial and Work-Related Factors Associated with Elevated Parenting Stress in Fathers During Early Parenthood (Burcar)
- 125493 Stress Experienced During Psychiatric Hospitalization: Identity-Related, Contextual, and Clinical Determinants (Bureau)
- 121961 Scrolling Your Way Through Stress: Examining the Impact of Social Media Use After Acute Stress Induction on Self-Reported and Cardiac Outcomes (Conway)
- 125905 Hormonal Contraceptive Side Effects: Emotional Blunting is Associated with Discontinuation but Inconsistently Associated with Future Use Intentions (Day)
- 126431 Exploring Factors Associated with Family Related Cancer Distress in Adolescents and Young Adults (Feehan)
- 123543 How Self-Enforced Priors Influence Pain Intensity Ratings. (Goodson)
- 125678 "A ruffled mind makes a restless pillow"\*: Sleep and mental health in post-secondary students with and without disabilities (PART 1) (Groppini)
- 126290 Examining the Effectiveness of Pain Reprocessing Therapy Groups Offered in a Hospital-Based Outpatient Pain Clinic (Holens)
- 123179 The disconnect between sexting education and knowledge about sexting (Holmes)
- 123975 Psychosocial factors associated with disordered eating in birthing persons living with pregestational diabetes during the perinatal period (Khoshnafas)
- 125187 Investigating momentary associations between negative mood and pain intensity in a sample of individuals living with chronic low back pain (Lamoureux)



- 122794 Communicating with Pediatric Nonspeaking Patients: Exploring the Perspectives of Healthcare Professionals (Lew)
- 125061 Engagement Patterns of Users of the Manage My Pain App: A Study Examining Pain Severity, Number of Pain Conditions, and Opioid Medication Use (Lumsden-Ruegg)
- 125091 Modifiable Prenatal Psychosocial Predictors of Paternal Postpartum Depression (Lundy)
- 125142 Canadian Oncologists' Pain Knowledge and Training Needs: A Mixed-Methods Study (Manan)
- 124083 Cortisol reactivity and recovery during the Trier Social Stress Test following a single bout of aerobic exercise at different ventilatory-demarcated intensities (McHegg)
- 124839 Amplification of the Effects of Social Support and Negative Social Interactions in People with Central Sensitivity Syndromes: Data from a Nationally Representative Statistics Canada Survey (Melnyk)
- 126013 Happy Minds, Healthy Hearts? Emotional vitality, flourishing, and blood pressure in Early Adulthood (Mondragon)
- 124224 Evaluating the Utility of the Patient Health Questionnaire for Detecting Depression and Suicidal Ideation at Cardiac Rehabilitation Intake (Moran)
- 126031 Interventions non pharmacologiques pour optimiser le sommeil des personnes âgées après un traumatisme craniocérébral : une revue de la portée (Pelletier)
- 125143 La satisfaction des besoins d'autonomie et compétence modère-t-elle la relation entre l'activité physique et les émotions positives: une étude d'évaluation écologique momentanée menée auprès d'étudiants universitaires (Plante)
- 123903 Publicly Available Acceptance and Commitment Therapy Mobile Apps: Systematic Search and Assessment (Quesada)
- 123696 Patient Experiences with a Multidisciplinary Opioid Education and Tapering Program for Chronic Pain: A Qualitative Study (Rapaport)
- 125636 Beliefs Related to Vaccination Behaviour: A Network Approach (Renaud)
- 126282 The Efficacy and Durability of Combined SMT and CBT-I for Cardiac Rehabilitation Patients During the COVID-19 Pandemic (Saffaran)
- 122950 Prevalence of Sleep Apnea in Indigenous Peoples of Canada: A meta-analysis – Part 3 (Sepehry)
- 121505 Qualitative Evaluation of a Novel Cursor-Tracking Method to Enhance Readiness-for-Change Assessments (Siemers)
- 125330 The Doom Scroll Effect: Differing Multilevel Associations Between Objective Social Media Use and Affect (Sihoe)
- 125284 What are patients talking about? A thematic analysis of the topics women with breast cancer discussed in an online community. (Smith)
- 125980 A 3-Study Replication Failure of a Screen Time Reduction Intervention (Stoakes)



- 125040 Developing a Culturally Responsive Canadian Food Image Database (Stockley)
- 123609 Obstacles and Facilitators to Healthy Dietary Habits in Individuals with a Psychotic Disorder: A Systematic Review (Thériault)
- 124038 B Well Behavioural Medicine Service: Results from a primary care lifestyle intervention for patients living with or at risk for chronic disease (Thompson)
- 125009 Implementation Research in Female Reproductive Pain: A Scoping Review (Thorsteinson)
- 124750 Stress and Strength: Flexible Coping Predicted Better Sleep and Physical Activity During COVID-19 (Trudel-Fitzgerald)
- 124721 Who Prospers with Less Social Media? Baseline Body Image and Problematic Social Media Use Predict Psychological Response to Social Media Reduction in Youth (Turner)
- 126373 Cross-sectional association between adolescent social media use and academic achievement: The COMPASS study. (Turner)
- 123955 Effects of Weight-Related Self-Esteem on Weight and Shape Concerns 3 Years After Bariatric Surgery (UnRuh)
- 125530 Mental Health Impacts of the COVID-19 pandemic on Canadian Healthcare Workers: Findings from the iCARE Canadian Longitudinal Survey (2021-2024) (Vaziri)
- 123827 Closing the Gaps in Parasomnia Care: Provider Insights (Vincent)
- 125710 Capturing Parasomnia Symptoms: A Dual-Method Assessment Framework (Vincent)
- 125406 Fear of Cancer Recurrence in Parents of Childhood Cancer Survivors: A Qualitative Examination (Voyatzis)
- 123598 Examining the Contribution of Demands and Resources in the Development of Burnout Among Nursing Students (Wilson)
- 123442 Daily and Bedtime Screen Exposure Associated with Sleep Duration in Children Aged 24-36 Months (Yang)
- 126021 The Impact of Home vs. Centre-based Cardiac Rehabilitation on Program Completion and Long-Term (2-year) Clinical and Psychological Outcomes (Zaman)
- 122949 Sleep disturbance in Neurofibromatosis 1: association with pain, anxiety and mood symptoms (Zelman)
- 122953 Insomnia and insufficient sleep among Indigenous populations in Canada: A meta-analysis – Part 1 (Zelman)

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**List of authors and poster titles (Poster Session J – Thursday June 4 – 15:30-16:25)**

- 123302 Building Ally/ance: Working Alliance Between Gender and Sexual Minority Patients with Endometriosis, and Gynaecologists (Ria Nishikawara)
- 125843 Enhancing Biopsychosocial Care Through University-Supported Data Systems: A Study of Nonprofit Service Delivery (Jennifer Fletcher)

**List of authors and titles (Snapshot Session D – Thursday June 4 – 11:30-12:25)**

- 125228 Factors Associated with Fear of Cancer Recurrence in Young Adults with Cancer (Reanna George)
- 126332 Association of Psychological Resilience with Psychosocial Outcomes in Kidney Transplant Recipients (Kathleen Gaudio)

**List of authors and titles (Snapshot Session V – Saturday June 6 – 12:30-13:25)**

- 123539 Lifetime Adversity and Incident Diabetes Among U.S. Adults with Prediabetes: Evidence from the Health and Retirement Study (Genevieve Forget)
- 123896 Beyond the Brain: Mapping Physical Health in Canadians with ADHD (Carlie Unrau)
- 123997 Exploring C-Reactive Protein/Lymphocyte Ratio as an Inflammatory Biomarker of Depression: Findings From the Lifelines Cohort Study. (Clodagh Flinn)
- 124863 Understanding Illness Identity in Spontaneous Coronary Artery Dissection (SCAD) Survivors: Targets for Supporting Mental Health (Lisa-Marie Maukel)
- 125373 Navigating Chronic Illness Together: Partner Experiences and Dyadic Coping in Online Narratives (Anya Sharma)
- 125401 Biopsychosocial predictors of anger and irritability in the menopause transition (Venezya Thorsteinson)
- 125453 Introducing the Ottawa Clinical Fear of RecurrenceSelf-Report (OCFR-SR) (Lauriane Giguère)
- 125582 The Paradox of Grief: When High Pre-loss Burden Predicts Better Post-loss Survival. (Sasha Gunpat)

